

\$50,000 Ty Cobb "Comes Back" Nuxated Iron Makes Him Winner—Greatest Baseball

Batter of all time says Nuxated Iron filled him with renewed life after he was weakened and all run down. Supplies that "stay there" strength and vim that makes men of mark and women of power.

Well known physician who has studied widely in this country and Europe, explains why taking iron enabled Ty Cobb to "come back" so quickly and show such tremendous strength and endurance. Says ordinary nuxated iron will often increase the strength and endurance of delicate, nervous folks 200 per cent. in two weeks' time.

New York, N. Y.—When interviewed in his apartment at Breilton Hall, Ty Cobb said: "Hundreds of people write to me to know how I train and what I do to keep up that force and vitality which enables me to play practically every day of the entire baseball season. They wonder why I can play better game today than when I was younger.

The secret is keeping up the supply of iron in my blood—exactly what everyone else can do if they will.

At the beginning of the present season I was nervous and run down from a bad attack of tonsillitis, but soon the papers began to state "Ty Cobb has come back." He is hitting up the old stride.

The secret was iron—Nuxated Iron filled me with renewed life. Now they say I'm worth \$50,000 a year to any baseball team, yet without plenty of iron in my blood I wouldn't be worth five cents. Nuxated Iron supplies that "stay there" strength and vim that makes men of mark and women of power. Continuing, Dr. Sauer said: "Mr. Cobb's case is only one of hundreds which I could cite



Nuxated Iron has filled me with renewed life and vigor. I play a better game to-day than when I was younger.

Ty Cobb

from my own personal experience, which proves conclusively the astonishing power of nuxated iron to restore strength and vitality even in most complicated chronic conditions.

20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health, at 40 he was careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over iron is the greatest of all strength builders. If people would only throw

away patent medicines and nauseous concoctions and take simple nuxated iron. I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the while, double their strength and endurance, and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they have in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless.

Many an athlete or prize fighter has won the day simply because he knew the secret of strength and endurance and filled his blood with iron before he went into the fray, while many another has gone to a glorious defeat simply for the lack of iron.—E. Sauer, M. D.

Nuxated Iron, recommended above by Dr. Sauer, is not a patent medicine nor secret recipe, but one which is well known to druggists and whose iron constituents are prescribed by eminent physicians everywhere. Unlike the older iron preparations, it is easily assimilated, does not irritate the teeth, makes them black, nor upsets the stomach; on the contrary, it is a most useful remedy in all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have great confidence in Nuxated Iron that they offer to forfeit \$100,000 in the event of a challenge if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if you do not find your strength and endurance in ten days' time. It is dispensed in this city by Croil Koller, G. A. Gorgas, and all good druggists.

WOMEN'S INTERESTS

THE STRUGGLES OF A WIFE

By Virginia Terhune Van de Water

CHAPTER XXIX

Copyright, 1916, by Star Company. At the end of a week the Webbs returned to town.

This was the date at which they had planned to return, and the fact that Grace was now entirely well and strong did not make them change their plans. Myra, fancying that her daughter might wish to hasten her departure after her lover had left, suggested this tentatively. But Grace shook her head. "No," she said, "we engaged these rooms until September 7th, and we may as well keep them until then. Moreover, I will be glad to have a few days here to get used to things. There is no need for outsiders to know of my engagement until the end of the next school term. I hate to have people talking about my affairs before my plans are definitely settled."

The mother understood the girl's attitude. She herself was relieved that there was to be no announcement of the engagement yet. She wanted to account herself to the coming separation. She was thankful for these last few days in the mountains with Grace.

Yet, after all, she saw little of her child after Henry Dayton had left. For Grace went off for long solitary walks, or sat in her room writing her daily letter to her betrothed. She was sent until the end of the school term, but did not intimate that she desired her companionship, although she was always glad to have Myra with her.

And Myra was so busy getting her work done in order that she might dispense with her typewriter for a few days that it was as well that Grace felt no great need of her just now. For now, as ever, the work must be done.

Back to Routine
Back in town, she resumed the routine of her daily life, and work. There had been the excitement of the return home, the talk with Horace about their daughter's engagement, and the momentary pleasure in realizing that here, at least, she and Horace felt alike.

And yet Myra was vaguely disappointed when, after expressing his approval of the betrothal, and telling his wife that he had looked up Dayton's record and had satisfied himself that he was an honorable gentleman "with means to support a wife handsomely," he dropped the subject. It was so close to the mother's heart that she would have welcomed an opportunity to talk to him of it for hours at a time.

But Horace showed no inclination to discuss the matter after that first conference. Grace herself was so much occupied settling down to her school work that she and Myra had little leisure for intimate conversation. The girl's evenings were given to Dayton, as Myra acknowledged, was but rich and natural.

Well, she reminded herself, she could work. In fact, she must work. Although there were no bills from the past summer hanging over her, the

winter, with all its expenses, was before her. If Grace was to be married in the Spring, money must be laid aside for her trousseau.

As Myra reflected on these things she felt again frightened as she had been last Spring. She had such a burden of responsibility pressing down upon her that she was almost terrified. Added to the fear of pecuniary disaster was the dread lest she herself might not be equal to the task set before her. She knew that her physical strength was not what it had been last year. Suppose she should break down?

She noticed now that her friends looked at her with polite solicitude. Those who knew her best asked her if she was really well.

"I am always well," she would reply evasively.

One day she met Dr. Horton on the street and he stopped to shake hands with her, then gazed at her so steadily that she blushed under his scrutiny.

"What's the matter with you?" he queried sharply.

"The Doctor is Anxious
"Nothing," she declared.

"Where are your people's eyes nowadays?" he demanded bluntly. "Can't they see that you are worn out and as thin as a rail?" It was about time that somebody began to take care of you.

She flushed more hotly. "I don't need any care," she protested, "and my people know that I am all right. Everybody gets a little tired, sometimes, doctor."

"You are more than a little tired, my dear," he said. "However, I'll not butt in, since my advice is not asked."

He was cross, she mused. Well, never mind! After Grace was married and when Horace was actually on his feet again, she would find time to rest. If she only knew the exact condition of his affairs!

"I must hold fast until then!" she whispered, as she went down the street after saying good-by to the physician. She was tired, that was all.

She must have looked unusually tired, for that evening Horace told her that he fancied she was paler and thinner than of old. She glanced at him startled. Why had he said this?

"—I'm only tired," she answered.

"You are working too hard," he remarked briefly. "I may as well tell you now, Myra, that at last I can assert confidently that my business is saved, is succeeding. I can't explain more at present—but after this things will be easier for us. I will go further into particulars when I have more time."

He said the words hastily and in a low voice, just as he was leaving the house to keep an appointment. She did not ask him a question. She could not ask him a question. She could not ask him a question. She could not ask him a question.

Grace was at the theater with Dayton this evening, and the mother went to her room and to bed all that night.

She lay awake trying to realize the meaning of what her husband had said. But she could not. Her brain seemed numb.

Healthful Sleep

is necessary for the enjoyment and prolongation of life. During sleep Nature renews the vital forces of the body and restores the energy.

Sleeplessness is one of the evil results of indigestion. To avoid it, keep the stomach well, the liver active and the bowels regular. The health of these organs

Is Assured by

Beecham's Pills. A harmless vegetable remedy, which acts immediately on the stomach, liver, bowels and kidneys, toning and putting them in good working order.

Millions of people sleep well and keep well because, at the first unfavorable symptom, they begin to take

BEECHAM'S PILLS

Directions of Special Value to Women with Every Box. Sold by druggists throughout the world. In boxes, 10c, 25c.



MONEY-BACK Bread Has Ended Bakeday Drudgery

LONG before the christian era, the task of baking the bread was settled on the overburdened shoulders of womankind.

Today it remains in thousands of homes as the only remaining relic of the days when women spun the cloth, and molded the tallow candles.

MONEY BACK BREAD

Asks the chance to prove it is the bread YOU want

MONEY-BACK Bread is the bread the housewife has longed for. It's the kind of bread you would produce had you the equipment—the fine, clean, appetizing loaf that you can give to your family, content in the knowledge that it is the absolute best.

A Trial of MONEY-BACK Bread Will Convince You

Make that trial, madam housewife at our risk. Try it—see how the family enjoy it—give it every test you can think of—get your money back if you aren't delighted

Your grocer will supply you with MONEY-BACK Bread 10 cents a loaf.

Harrisburg Baking Co.



Copyright 1915, W. E. Long Co.

are stitched in dull blue and the velvet streamers are blue.

HOUSEHOLD NOTES
—The best watermelons are the heaviest.
—Use a clothespin for scraping pans, etc.

—A gate-leg table is delightful for a bedroom.
—Beaten strawberries are good served on hot rice.

—Lettuce and water cress combined make a good salad or cold soup.
—Little bits of summer squash are delicious in thick soups.

—A slice of onion should always be added to stewed tomatoes.
—String beans are good cooked with tomatoes and a dash of onion.

—A new way to cook squash is to slice it and cook like eggplant.
—To mend matting, simply darn it with red in color or old rose—it's not for the dresses of gayer colors.

—Ice cream, eaten slowly, is a perfectly good food in hot weather.
—The best aspect for a sleeping porch is southeast or southwest.

—If olive oil is to be heated for any reason use only the best quality.
—Line bread and cake boxes with paper if you would save breadcloths.

—Two baths a day are almost imperative for children in hot weather.
—Equal parts of salt and vinegar will clean any kind of tarnished brass.

—Swiss chard can be boiled and served like spinach with melted butter.
—Carrots and peas put together and seasoned are a very good summer dish.

—In farmhouses where there are hired men the paper towel is a great boon.
—In making a fruit salad always use a silver knife for cutting up the fruit.

SCALLOPED EDGES ON NIGHT DRESS

Just a Touch of Hand Work Gives an Air to Dainty Lingerie

By MAY MANTON

Little misses of ten or so wear narrow patent leather belts with their long-waisted crash frocks. The shiny leather is smart when it encircles dark green, dull blue or old rose—it's not for the dresses of gayer colors.

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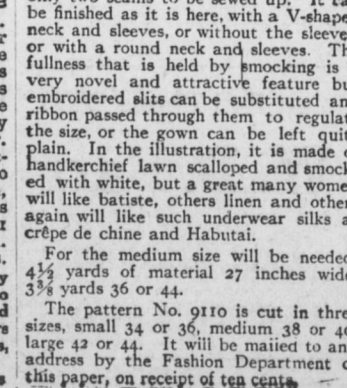
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Heat Rash, Skin Soreness

Child's suffering relieved by



Here is proof and baby's picture "My work is entirely among infants. Five years ago Sykes' Comfort Powder was recommended to me by an eminent children's Specialist in Boston, as the best powder to use in my work. I must say it is a wonder worker. I am sending two pictures of little ones who both suffered severely from heat rash, which entirely disappeared in two days by applying Comfort Powder after everything else had failed."—Lillian A. Guillard, 20 Charlestown, Boston, Mass.

Not a plain talcum powder, but a highly medicated preparation unequalled to heal skin soreness of infants, children and adults. Used and endorsed for 20 years by leading New England physicians, nurses and mothers. All Dealers, 25c.

THE COMFORT POWDER CO., Boston, Mass

FLESH COLORED LINGERIE

Such a hold has flesh color obtained on the popular fancy that even in batiste flesh color is much used for night-owns and underwear. Flesh color batiste is very effective embroidered in white or in bright pink and pale blue. A white scallop with a dainty floral design in white is particularly attractive on the pale tinted

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifier, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.
Sold by Druggists, price 75c.
Take Hall's Family Pills for constipation.

LITTLE GIRL FASHIONS

Fashion takes little account of wash day and even our tiniest sisters must keep up with styles.

This frock, which was made for a lassie of 10, but which was worn by a big girl of 13, is of white pique with straps of the same. The skirt is box pleated

background, and many a pretty dressing jacket, nightgown and chemise or camisole is embroidered with the white. When blue is used in the embroidery it must be used with caution and in some patterns is better combined with white, but it is very effective to run pale blue ribbon in flesh colored lingerie, whether of batiste or silk or satin, and this is being done a great deal by the specialty shops which make a point of dainty and unusual lingerie creations. The combination of pink and blue is gaining steadily in favor in this connection and is useful as well as attractive, since it allows of the garment's use with either pink or blue over finery.

The empire waist is the waist for the small women from 6 to 12, but personally I have a liking for the long-waisted frock with pleated skirt. There's a smart little model made in Russian green with square neck and half sleeves banded with white linen, and yoke outlined at the back and front with three rows of white feather stitching. It's front-buttoned and the buttons are ball shaped white croquet.

Dolly Varden smiles at us from all the shop windows. She's a quaint little model in flowered organdy or voile, with empire waist and smocked yoke. There are other Dolly Vardens made with plain waists of white with flowered yoke and sleeves and billowy little skirts.

Another frock is linen-craash and all of a color, and it's orange, which is the most popular color this summer in juvenile fashion.

The long sleeves and Joffre collar



She Got Into Hot Water But She's Enjoying It

You only have a few days to take advantage of our special offer on **EAGLE GAS WATER HEATERS** June 30th ends our special sale.

\$12.50 on Easy Payments
\$2.00 Down \$1.50 a Month
SPECIAL DISCOUNT FOR CASH

Remember, June 30th is the last day on which you can buy one of these heaters at this special price. On and after July 1st the price will be \$15.00 each. Join the other fortunate Harrisburg housewives and enjoy this modern way of getting into hot water.

HARRISBURG GAS COMPANY
14 South Second Street Phone—Bell 2028; Cumb. Val. 752

The Coal Situation

The coal situation is such that you ought to give the matter immediate attention. Instead of the usual price reductions of former years, it has been necessary to impose a slight increase already, to be followed by another increase in a few months. There's money to be saved by ordering your winter supply NOW—and better coal to be had by specifying Montgomery's.

J. B. MONTGOMERY
600—either phone 3rd and Chestnut Streets

Good - Wholesome - Palatable.

Ruhl's Bread

Direct from our oven to your table

Phone for Wagon
Ruhl's Penbrook Bakery

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